

328 NORTH MAIN ST
EAST
LONGMEADOW
MA 01028
MON - FRI
8:00 AM - 4:00 PM
PH 413.525.5436
FAX 413.526.9746

TWO-TOWN
TROLLEY
413.525.5412
PVTA
413.739.7436

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- Carolyn F. Brennan
Executive Director
- Stephanie Bergquist
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- Danell Tavella,
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- Lissa Fontaine, R.N.,
Health Educator,
Ext. 1407
- Alicia Smith, Pro-
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Coordinator, Ext.
1406
- Maria Triggs,
Trolley Dispatcher,
Ext. 1403
- Bookkeeping, Ext.
1405
- Terry Glusko,
Transportation
Coordinator, Ext.
1403
- Donald Levy,
Lunch Receptionist
- Grace Busto,
Head Cook
- Margrit Daley,
Kitchen Assistant,
Dishwasher

Pleasant View Senior News

From the Center of It All

FEB 2017

www.eastlongmeadowma.gov

Upcoming Events

Tax Preparation by AARP volunteers begins on FRI, FEB 3 and will continue weekly through FRI, APR 7 by appointment (*we are closed for Good Friday on April 14th.*) This free service is geared toward seniors of low to moderate income, filing a simple tax return. **Please bring a copy of your 2015 returns to your appointment.** 525-5436.

TED Talks: *NEW!* TED Talks are short, motivational videos presented by world-renowned speakers of all different professions. You will not want to miss out on this opportunity to hear about a broad range of topics presented in new and exciting ways. Be sure to join us on the **1st WED** of the month at **11:00 a.m.** *This month we will listen to Baya Voce, a certified Neuro-Linguistic Programming (NLP) practitioner,*

speaking on the importance of connection as a way to cure loneliness.

Facebook Page: Did you know that we have a Facebook page? If you have FB you can find us as "Pleasant View Senior Center" and "like" our page so that you can stay up-to-date with events and what's happening!

Free Wi Fi: Feel free to stop in, grab a cup of coffee, and use our Wi Fi for your internet use. We also have computers available for use each **WED** from **1:00 - 4:00 PM.**

Chair Yoga: *NEW!* We are bringing Chair Yoga back with another 8-week series instructed by Marianne Wolslegel. This class will begin **FRI, FEB 10th @ 2:00 PM.** Cost is \$5 per class. *Advance sign-ups required.*

Director of Community Services

From Danell Tavella Thank you to everyone who has taken a moment to come see me and wish me well. Your words are heartfelt. With that said, I am honored to have been given the opportunity to take on this "new" role at the Senior Center. If you need assistance, please feel free to schedule an appointment with me. I am here **MON** through **FRI** from **8:00 AM** to **4:00 PM.** **525-5424 or 525-5436, ext. 1402**

Fuel Assistance Program can help pay a portion of your bill for heating your house OR apartment (if your rent includes heat), between **NOV 1** and **APR 30.** Eligibility is based on household gross income. Additional documentation is required.

Income limits as follows:

- Family of 1 - \$34,001 gross
- Family of 2 - \$44,463 gross
- Family of 3 - \$54,925 gross
- Family of 4 - \$65,387 gross

January Month in Review

Volunteer Hours Logged: 540 hours

Meals on Wheels Delivered: 1,800

Lunches Served: 500

Food Pantry Visits: 42

Volunteer Opportunities

Are you interested in volunteering in some capacity? We have opportunities available for help with programs, decorating, kitchen and meal prep, Meals on Wheels delivery, office reception and data entry, Food Pantry stocking and organizing, and more. *Please call Alicia @ 525-5436, ext. 1406.*

Meetings and Support Groups

Alzheimer's/Related Dementia Caregiver Support Group: Monthly afternoon meetings facilitated by COA Staff. Call Lissa for more information. 525-5436, ext. 1407.

Loved Ones Engaged: Support Group for people living with Dementia held at the same time as Caregiver Support Group. Must call Lissa to pre-register.

Baystate Deaf Seniors: WED 10:00 AM

Morning Glory Walkers Meeting: 2nd MON @ 9:00 AM.

Senior Friendship Club: THUR 12:30 PM. Weekly meeting followed by entertainment, speakers or BINGO.

Fitness, Fun and Activities

EXERCISE OPTIONS WITH LISSA:

Bosu Balance Class: TUE 8:30 AM; WED 10:00 AM; THUR 8:30 & 9:30 AM. \$1 class

Chair Exercise: MON/WED 9:00 AM; FRI 8:45 AM. \$3 per month or \$.50 per class.

Exercise Class: combines flexibility, strength training and light cardio. This is an evidence based Arthritis Foundation Program, but all are welcome! M,W,F 8:30 AM, T,TH, 10:45 AM. \$1 class

Fitness Center: Includes state-of-the-art cardio machines and weight station. Medical clearance required and initial visit with Lissa. Class card of 20 visits for \$10 or \$15 for out-of-town residents. *Age 90 + no charge.*

Tai Chi for Health: TUE 9:30 AM (Level 3); 10:30 AM (Level 2); Beginner TUE 11:30 AM

Bean Bag Baseball: FRI 9:30 AM

Billiards: 8:00 AM - 4:00 PM

Bocce: 8:00 AM - 4:00 PM, MON - FRI, Spring through Fall. Group play WED 10:00 AM.

Chair Volleyball: WED 1:00 PM

Chair Yoga: WED 2:00 PM \$5 (begins 2/10)

Line Dancing Class: FRI 4:00 PM. \$3

Morning Glory Walkers: M, W, F 8:00 AM

Pickleball: WED 11:30 AM at the CLC in First Baptist Church, 50 Parker Street \$1

Tai Chi: TUE 9:00 AM, *First Congregational Church @ the Rotary w/Shay Holda (FREE)*

Zumba: WED 4:00 PM w/Chef Grace \$5

Zumba Gold and Toning: MON 4:15 PM w/ Kelly Phillips \$5

Cards and Games

Canasta: THUR 12:30 PM

Cribbage: WED & FRI 10:00 AM

Dominoes: FRI 1:00 PM

Mah Jongg: TUE 12:30 PM

Pitch: MON 12:30 PM

Trivia Club: THUR 10:00 AM

At Your Service

Blood Pressure by appointment with our nurse, Lissa Fontaine, R.N. Ext. 1407.

Footcare/Pedicare on the 2nd TUES of each month. Cost is \$29 (Home visits \$50). Call 525-5436 for an appt. on FEB 14.

Hearing Screenings given here by Baystate Hearing Center on the 3rd WED each month, 10:00 - 11:00 AM. Free. Call 525-5436 for a 15 min. screening on FEB 15.

Legal Consultation with Attorney Dave Carlson on the 3rd TUES of each month. Call 525-5436 for a free 30 min. consult on FEB 21.

License Renewals Online renewals each 3rd WED @ 11:00 AM for first time online renewals only. You must be between age 55 - 74, have a credit card or checking ac-

count, an email account and no unpaid tickets or fines. Please sign up. FEB 15.

Massage Therapy on the 2nd & 4th MON of the month, *FREE*. Call Christina Conti, LMT @ 413-348-8370 for an appt. FEB 13, FEB 27.

Manicures on alternate THUR each month with Licensed Manicurist Cathy Rasid. Call her @ 413-335-7422 for price information and appointment. FEB 9, FEB 23.

State Rep. Eric Lesser visits the Senior Center every 3rd THUR @ 11:00 AM. FEB 16

State Rep. Brian Ashe visits the Senior Center every 4th THUR @ 11:00 AM. FEB 23

Veterans Agent John Comerford holds office hours at the Senior Center on TUES and THUR each week from 10:00 AM - 12:30 PM. Call John @ 413-267-4140 for an appt.

Special Interest

Art Class: FRI 10:00 AM - 12:30 PM. \$15

Book Club: Last TUE 10:30 AM; *When the Moon is Low* by Nadia Hashimi. FEB 28

Children's Book Club for Seniors: 4th WED @ 11:00 AM. Relive the fun and adventurous feeling of reading a children's novel. FEB 22

Compassion and Kindness Endeavor: 2nd FRI @ 1:00 PM. We will make dresses for our *Dress a Girl Around the World* project. Bring your scissors and creative ideas. FEB 10

Computer Class: WED 1:00 PM

Creative Coloring: 1st & 3rd THUR 2:00 PM

French Club: WED 11:00 AM

Jewelry Class: 1st MON 9:30 AM. \$3 plus cost of materials. *No class FEB*

Needlework: FRI 1:00 PM

Voices & Vision: 2nd THU 2:00 PM. Discussion group of the artistic interpretation of various quotations and themes. FEB 9.

Pleasant View Presents ...

Are You Interested? A survey is available at the Senior Center which was developed by the Pioneer Valley Planning Commission. Its purpose is to gather your interest in including a **Mobile Food Pantry** and a **Housing Rehabilitation Program** for this year's grant request for Community Development Block money. There will be a brief update and an opportunity for you to comment at scheduled presentation here on **THUR, FEB 16th @ 12:30 PM.**

Facebook Help: Join us on **WED, FEB 22 @ 1:00 PM** when staff from the E. L. Public Library come to our Senior Center to show you how to make a Facebook account and to answer any questions you may have about your existing FB account.

PVTA Public Hearing regarding the Senior Van Service Charge will be held in our Media Room on **THUR, FEB 23 @ 3:30 - 4:30 PM and 6:00 - 7:00 PM.** *The general public is encouraged to attend.*

Equipment Tune-Up: We are excited to announce that Home Helpers Home Care has partnered with Agawam Medical Supply Corporation and Connecticut Medical Supply Company to come to our senior center quarterly to adjust your cane, walker, and wheelchairs. This is a **FREE** clinic. Their next visits will be in APR, JUL, and OCT. The dates for these clinics will be provided in those respective monthly newsletters. Please call 525-5436 to sign up.

Movies and Documentaries

Every **TUESDAY @ 12:45 p.m.**

FEB 7: *Mama Mia*, PG-13, 2008, 1h 49m

FEB 14: *My All-American*, PG, 2015, 1h 58m

FEB 21: *The Jungle Book*, PG, 2016, 1h 46m

FEB 28: *London Has Fallen*, R, 2016, 1h 38m

Includes 10 min. intermission w/refreshments

Every **MONDAY @ 12:45 PM.**

Topic this month is *Europe's Last Great Wilderness*

FEB 6: *Life Below Zero*, 52m

FEB 13: *Europe Green Heart*, 52m

FEB 27: *Europe's Living Waters*, 52m

Friendship Club Thursdays

FEB 2 - BINGO

FEB 9 - Valentine's Day Party with a one-act play by Steve Henderson, "An Accidental Wedding". **Sponsored in part by the East Longmeadow Cultural Council.** You won't want to miss this hilarious encounter with a wouldn't be groom, an irate match-

maker, and a tall tale like they write tall tales about. A highly interactive, roll in the aisle comedy you won't want to miss. One act, about 45 minutes.

FEB 16 - \$5 BINGO

FEB 23 - BINGO

Memorial Donations

Thank you to those who remembered our Senior Center with donations in memory of: **Janice Michaelis:**

Charlotte Roda, Paul and Dot Joyce, Walt LaBroad, Carol & Richard Constant, Pamela & George Wegman, Morning Glory Walkers, Karen Lavinski, Melinda & Larry Mandeville, Foy & Ray Miller. Bacon & Wilson, Pauline Santanello, Noreen & Bob Begley.

Emergency Food Pantry

East Longmeadow families that express need can register by appointment with our Director of Community Services, Danell Tavella, to use our Emergency Food Pantry up to **two times each month**. You will need to bring proof of residency and provide the names and ages of all household members. Hours for use of the Food Pantry are **10:00 AM to 2:00 PM, MON - FRI**. Two to four bag limit depending on family size. For more information, please call 525-5424.

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Two-Town Trolley

The Two-Town Trolley is available **MON through FRI, 9:00 AM to 3:00 PM** for East Longmeadow and Hampden seniors. Cost is \$1 each way for in-town transportation and \$2 each way for out-of-town transportation to Longmeadow and Springfield.

Every Tuesday we run an additional van as a shopping shuttle for East Longmeadow and Hampden seniors to do grocery, banking, and other store shopping in East Longmeadow or to Allen & Cooley Street in Springfield. Cost is \$1 each way.

24 hours notification is required for booking any transportation. Call 525-5412.

Special thanks to the **First Baptist Church** on Parker Street for use of their Community Life Center for our programs; to **Care One at Redstone** for sponsoring our Tai Chi for Arthritis classes; and to **GO Fontaine Development, LLC** for sponsoring our Tuesday movies.

Homebound Library Delivery: If you are an East Longmeadow resident who is unable to visit the library due to sickness or disability, the library can come to you! They have teamed up with us to find volunteers to bring you books and other items that you request, as well as pick them up to be returned. You must have a valid library card to participate in the program. If you are interested in this service, please contact the library at 525-5400, ext. 1511.

Please reserve lunch 24 hours
in advance by calling 525-5436.
Served at 12 noon. \$2.50

FEB 2017

PLEASANT VIEW SENIOR NEWS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>Paper Recycle</p>	 <p>February 14th</p>	<p>1 Tuscan Chicken 8:00 Walkers 8:30 Arthritis Exercise 9:00 Chair Exercise 10:00 Cribbage 10:00 Deaf Seniors 10:00 Bosu Balance 11:00 Ted Talks 11:00 French 11:30 Pickelball at CLC \$1 1:00 Chair Volleyball 1:00 Computer Class 4:00 Zumba with Grace \$5</p>	<p>2 Roast Pork 8:30 Bosu Balance 9:30 Bosu Balance 10:00 Trivia 10:00 Billiards Instruction 10:45 Arthritis Exercise 12:30 FC - BINGO 12:30 Canasta 2:00 Creative Coloring</p>	<p>3 Baked Fish AARP Taxes by appt. 8:00 Walkers 8:30 Arthritis 8:45 Chair Exercise 9:30 Bean Bag Baseball 10:00 Art Class \$15 10:00 Cribbage 1:00 Dominoes 1:00 Needlework 4:00 Line Dancing Class \$3</p>
<p>6 Swedish Meatballs 8:00 Walkers 8:30 Arthritis Exercise 9:00 Chair Exercise 9:30 No Jewelry Class 10:45 Arthritis Exercise 12:30 Pitch 12:45 Documentary, p. 4 4:15 Zumba Toning \$5</p> <p>Container Recycle</p>	<p>7 Stuffed Peppers 8:30 Bosu Balance 9:30 Tai Chi, Level 3 10:30 Tai Chi, Level 2 11:30 Beginner Tai Chi 12:30 Mah Jongg 12:45 Movie - <i>Mama Mia</i>, PG-13, 2008 1h 49m</p>	<p>8 Fish Francals 8:00 Walkers 8:30 Arthritis Exercise 9:00 Chair Exercise 10:00 Cribbage 10:00 Deaf Seniors 10:00 Bosu Balance 11:00 French 11:30 Pickelball at CLC \$1 1:00 Chair Volleyball 1:00 Computer Class 4:00 Zumba with Grace \$5</p>	<p>9 Chicken Caprese Manicures by appt. 8:30 Bosu Balance 9:30 Bosu Balance 10:00 Trivia 10:00 Billiards Instruction 10:45 Arthritis Exercise 12:30 Canasta 12:30 FC - Valentine's Party and One-Act Play (p.3) 2:00 Voices and Vision</p>	<p>10 Pasta Faggioli AARP Taxes by appt. 8:00 Walkers 8:30 Arthritis 8:45 Chair Exercise 9:30 Bean Bag Baseball 10:00 Art Class \$15 10:00 Cribbage 1:00 Dominoes 1:00 Needlework 2:00 Chair Yoga begins 2:00 Compassion & Kindness 4:00 Line Dancing Class \$3</p>
<p>13 Sweet & Sour Pork 8:00 Walkers 8:30 Arthritis Exercise 9:00 MGW Meeting 9:00 Chair Exercise 10:00 Massage Therapy 10:45 Arthritis Exercise 12:30 Pitch 12:45 Documentary, p. 4 4:15 Zumba Toning \$5</p> <p>Paper Recycle</p>	<p>14 Beef & Broccoli Footcare/Pedicure/Appt. 8:30 Bosu Balance 9:30 Tai Chi, Level 3 10:30 Tai Chi, Level 2 11:30 Beginner Tai Chi 12:30 Mah Jongg 12:45 Movie - <i>My All-American</i>, PG, 2015 1h 58m</p>	<p>15 Hot Turkey Sandwich 8:00 Walkers 8:30 Arthritis Exercise 9:00 Chair Exercise 10:00 Hearing Screenings 10:00 Cribbage 10:00 Deaf Seniors 10:00 Bosu Balance 11:00 French 11:00 Drivers License Renewals 11:30 Pickelball at CLC \$1 1:00 Chair Volleyball 1:00 Computer Class 4:00 Zumba w/Grace \$5</p>	<p>16 Fish and Chips 8:30 Bosu Balance 9:30 Bosu Balance 10:00 Trivia 10:00 Billiards Instruction 10:45 Arthritis Exercise 11:00 Eric Lesser Rep Visit 12:30 Pioneer Valley Planning Commission Speaker 12:30 FC - \$5 BINGO 12:30 Canasta 2:00 Creative Coloring</p>	<p>17 Chicken Piccata AARP Taxes by appt. 8:00 Walkers 8:30 Arthritis 8:45 Chair Exercise 9:30 Bean Bag Baseball 10:00 Art Class \$15 10:00 Cribbage 1:00 Dominoes 1:00 Needlework 2:00 Chair Yoga 4:00 Line Dancing Class \$3</p>
<p>20 Closed</p>  <p>Container Recycle</p>	<p>21 Stuffed Shells w/ Meatballs 8:30 Bosu Balance 9:30 Tai Chi, Level 3 10:30 Tai Chi, Level 2 11:30 Beginner Tai Chi 12:30 Mah Jongg 12:45 Movie - <i>The Jungle Book</i>, PG, 2016, 1h 46m 1:00 Free Legal Consults</p>	<p>22 Chicken & Veg Stir Fry 8:00 Walkers 8:30 Arthritis Exercise 9:00 Chair Exercise 10:00 Cribbage 10:00 Deaf Seniors 10:00 Bosu Balance 11:00 French 11:00 Children's Book Club 11:30 Pickelball at CLC \$1 1:00 Facebook Help 1:00 Chair Volleyball 1:00 Computer Class 4:00 Zumba w/Grace \$5</p>	<p>23 French Meat Pie Manicures by appt. 8:30 Bosu Balance 9:30 Bosu Balance 10:00 Trivia 10:00 Billiards Instruction 10:45 Arthritis Exercise 11:00 Brian Ashe rep visit 12:30 Canasta 12:30 FC - BINGO 3:30 PVTA Public Hearing 6:00 PVTA Public Hearing</p>	<p>24 Baked Potato Pollock AARP Taxes by appt. 8:00 Walkers 8:30 Arthritis 8:45 Chair Exercise 9:30 Bean Bag Baseball 10:00 Art Class \$15 10:00 Cribbage 1:00 Dominoes 1:00 Needlework 2:00 Chair Yoga 4:00 Line Dancing Class \$3</p>
<p>27 Beefed-up Mac & Cheese 8:00 Walkers 8:30 Arthritis Exercise 9:00 Chair Exercise 10:00 Massage Therapy 10:45 Arthritis Exercise 12:30 Pitch 12:45 Documentary, p.4 4:15 Zumba Toning \$5</p> <p>Paper Recycle</p>	<p>28 Chicken Scaloppini 8:30 Bosu Balance 9:30 Tai Chi, Level 3 10:30 Tai Chi, Level 2 10:30 Book Club, When the Moon is Low by Nadia Hashimi 11:30 Beginner Tai Chi 12:30 Mah Jongg 12:45 Movie - <i>London Has Fallen</i>, R, 2016, 1h 38m</p>	<p>Please call at least a day in advance when signing up for lunch. If you cannot make it, please remember to call and cancel. Thank you!</p>	<p>***Indicates high sodium</p>	<p>1% milk served daily Menu subject to change</p>